

12. Healthy Eating and Wellbeing Policy



Statement of intent

Yaddlethorpe Pre-school believes that nutrition is a significant factor in the growth and development of children, and that the early development of healthy eating practices and physical activity can prevent disease and support a lifetime of good health.

Our aim

We aim to work in partnership with parents and other professionals to support children in developing a healthy lifestyle and eating practices which will become embedded for life.

Method

In order to achieve this aim we:

- provide the children with positive healthy eating experiences by providing a selection of fresh fruit and vegetable, whole wheat toast and low salt / sugar crackers at snack time;
- take account of cultural differences and beliefs;
- always have fresh drinking water available for the children to have at any time and a choice of water or whole milk to drink at snack time;
- encourage children to develop positive attitudes towards food through the toys, activities and books we provide;
- provide parents with healthy lunch box suggestions;
- provide a wide range of resources and activities to develop children's understanding of how to stay healthy. These include:
 - posters and books depicting healthy foods, physical exercise and how to look after yourself;
 - a wide range of play food from different cultures and role play sets including health centre and fitness centre;
 - cooking and tasting activities to encourage children to try different foods;
 - outdoor play; and
 - a range of large physical equipment and activities.
- encourage good personal hygiene through our daily routine.